

# From The Ground Up

Sunday May 12

Trudeau Park Resort and Event Centre

15 Trudeau Lane RR#4 Tweed

## Adult Bo Seminar

**1:30am – 3:00pm**

Techniques, Tips and Tricks and Introduction to Bo Kata #1  
(Or review #1, #2 or #3)

This Kata can be used as part of curriculum for gradings

All you need is a broom stick or a ¾ inch thick doweling that is your height

You may order a Bo through your Sensei or by calling

Sensei Terry at 613 478-5173 or Email at [2terrylangevin@gmail.com](mailto:2terrylangevin@gmail.com)

**Cost for Bo is \$30 - orders must be received and paid by May 3rd**

Please circle 4.5ft 5ft 5.5ft 6ft

## Ground Jiujitsu Seminar for Adults

**3:15pm – 4:45pm**

Techniques, Positions and Submissions

**\$25 for either Seminar or \$40 to attend both**

Please bring mouth guard and Gi top if you have one for  
the Ground Jiujitsu Seminar

For further info or to preregister contact  
Terry Langevin 613 478-5173  
or email [2terrylangevin@gmail.com](mailto:2terrylangevin@gmail.com)

